

## Claims

- [c1] A method of minimizing nicotine withdrawal symptoms by injecting a patient with an anticholinergic medication consisting of from 0.0 to 0.8 mg of hyoscyamine, 0.0 to 0.8 mg scopolamine and 0 to 100 mg of hydroxyzine in a suitable carrier.
- [c2] A method of minimizing nicotine withdrawal symptoms by injecting a patient with an anticholinergic medication consisting of from 0.0 to 0.8 mg of hyoscyamine, 0.0 to 0.8 mg scopolamine and 0 to 50 mg of chlorpromazine in a suitable carrier.
- [c3] A method of continuing the effects of the above shot described in claim 1 and claim 2 by concomitantly pre-scribing any combination of scopolamine patches, scopolamine tablets, belladonna tablets, hydroxyzine tablets, probanthene tablets using accepted pharmacological principals.
- [c4] A method of decreasing anxiety associated with nicotine withdrawal after the shot described in claim 1 and claim 2 by utilizing hydroxazine, benzodiazepines or clonidine.

- [c5] A method of disassociating the habits of smoking by implementing a behavioral modification program and / or hypnosis via individual or group counseling, video, CD, DVD, streaming video or audiotape prior to receiving the shot described in claim 1 and claim 2.
- [c6] A method of helping reduce the psychological dependence on nicotine by counseling after administering the shot described in claim 1 and claim 2, utilizing telephone conference calls, internet discussion boards, internet chat rooms, group meetings and / or individualized telephone follow up.
- [c7] A method of helping reduce the physiological and psychological dependence on nicotine by using antidepressants such as serotonin reuptake inhibitors, bupropion, or buspirone prior to or in conjunction with receiving the anticholinergic shot outlined in claim 1 and claim 2.